



A MESSAGE TO PARENTS AND TEENS

Your Child, The Law, Your Education / Prevention Strategy



Preface

After participating in several youth town halls, Health World realized that parents and teens could enhance their decision making process when provided with accurate and practical information. Therefore, Health World, in collaboration with the Ryan Lange Foundation undertook the process of writing this book. We wish to thank the over 500 students and parents who participated in the process, the local PTO's, the Scottsdale Police Department, the Scottsdale Unified School District, the Maricopa County Attorney's Office, and all the other agencies who lent their support and advice.

Purpose

When you ask teenagers to identify their role models, many will point first to their parents. So what you as parents say to your kids about what is acceptable behavior and how to make good choices about drugs and alcohol, can make an important difference in their lives. This booklet will provide you, and your teenagers with the accurate information when these issues arise in your home. The right words from you can make all the difference.



ONE WAY

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The WHO Involves both of YOU!

The Communication Test

We invite you and your teen to see how much you really know about each other, how much do you really communicate? Your answers may surprise you. Take the test individually and then share your answers.

PARENTS QUIZ

1. Who is your teen's best friend? Do you know how to contact him/her?
2. What are the names of the best friend's parents? Have you ever met or spoken with them?
3. Who/what is your teens favorite teacher/subject?
4. What was the homework assigned to your teen last night?
5. When was the last time your teen was excited about something?
6. What accomplishment is your teen most proud?
7. What is your teen's biggest fear?
8. What was the last movie your teen saw? Did they like it?
9. Who does your teen talk to when they troubled?
10. What does your teen like to do just for fun?
11. Who does your teen admire and respect?
12. When was the last time your teen was disappointed about something?
13. What are your teen's dream for the future?
14. What is your biggest complaint about the family?
15. What wouldn't you change about the family?

TEENS QUIZ

1. Who is your parents best friend? Do you know how to contact him/her?
2. What activity does your parent usually do with his/her best friend?
3. Where did your parent attend high school?
4. What is one thing your parent did last night?
5. When was the last time your parent was excited about something?
- 6.. What accomplishment is your parent most proud?
7. What is your parent's biggest fear?
- 8.. What was the last movie your parent saw? Did they like it?
9. How does your parent deal with stress? Who do they turn to for advice/support?
10. What does your parent like to do just for fun?
11. Who does your parent admire or respect?
12. When was the last time your parent was disappointed about something?
13. What were your parent's dreams growing up?
14. What is your biggest complaint about the family?
15. What wouldn't you change about the family?



What is the Law?

Know the consequences

As families seek to establish acceptable guidelines, a basic knowledge of criminal and civil penalties should be included in the discussion. Knowing the facts help you make better choices.

DEFINITIONS

Misdemeanor means an offense for which a sentence to a term of imprisonment, other than in a state department of corrections is authorized by any law of the state of Arizona.

Felony means an offense for which a sentence of imprisonment in the custody of a state department of corrections is authorized by any law of the state of Arizona.

CURFEW

Special laws for juveniles

It is unlawful for any youth to be outside his or her residence after curfew, unless accompanied by a parent, guardian or other responsible companion at least 18 years of age who is approved by a parent or legal guardian. The exception is for a person less than 17 years of age who is going to or from work with prior parent or guardian permission or is engaged in a legitimate business or activity that they are legally permitted to perform. The hours for curfew are between:

Youths 15 years and younger:	10 PM
Youths 16 and 17 years of age:	12 midnight

Curfew hours apply seven days a week year round, and places responsibility on parents and guardians to supervise their juvenile children and to take custody of them if they violate curfew.

Note: Curfew hours on property located on the Indian reservation may be different then those stated above. Currently it is 10:30 PM.

Drunk and drugged driving is the leading cause of death among 15 to 24 year olds nationwide; in Arizona, nearly half (43 percent) of high school students and one in five (20 percent) of junior high students currently drink.

VEHICLE

Did You Know it is illegal for drivers under the age of 21 to have any trace of illegal drugs or any blood alcohol content in their system.

Did You Know it is illegal to knowingly permit a driver under the influence to operate a vehicle?

Did You Know a DUI that results in the loss of life (Reckless Homicide DUI) is a Felony?

Do You Know It is illegal for a person of any age to transport, carry or possess open alcoholic beverages in the passenger compartment of a motor vehicle?

Do You Know It is illegal for any person under 21 years of age to possess or transport unopened alcohol in a motor vehicle unless it is in the course of that person's employment?

Do You Know In a limousine, it is illegal for an owner of a vehicle (or person having control over the vehicle) to knowingly permit or allow persons under 21 to be assembled in the vehicle in possession of alcohol?

Do You Know under RICO, any person found with marijuana or controlled substances in their vehicle and who is charged with illegal sales/transportation of illegal substances could permanently lose their vehicle?

49.5 percent of Arizona public high school students have used marijuana in their lifetime; 77.6 percent have tried alcohol.

According to the Center for Disease Control, unintentional injuries kill more children than all diseases combined. This grim fact portrays the harsh reality our children face. Teaching them to make better choices is key in fighting against the causes that lead to their premature death, disabling injury, and diminished quality of life. Still, the basic rules for raising children haven't changed. Getting involved in our children's lives and teaching them a strong sense of self-worth is more important now than ever. Children and teens who value themselves and their own feelings are less likely to make choices based on what their friends say, think or do!

HOME

Do You Know under Drug Asset Forfeiture Procedure Act any person who is charged with illegal manufacture or intent to sell or deliver illegal substances at their home, could permanently lose their home to police custody?

Do You Know it is illegal for parents or guardians to knowingly allow underage consumption of alcohol at a residence, or their extended home, such as a park/desert, boat or recreational vehicle?

Do You Know every parent or legal guardian of any minor whose residence is used (with or without parent/guardian knowledge) by any occupant under the age of 21 for alcohol consumption, could be presumed to have permitted the conduct?

Do You Know parents and legal guardians could be liable in a civil suit for monetary damages brought against them by anyone who suffers personal injury or property loss through the actions of an intoxicated person whose intoxication is the result of that parent furnishing the alcohol or permitting the alcohol use?

COMMUNITY

Do You Know it is illegal for any person to sell, give, deliver, purchase or furnish alcohol to persons under the age of 21? This includes your home, restaurant, bar, store, or park.

Do You Know it is illegal for any person under the age of 21 to ask someone to purchase, sell, give or furnish such alcohol to persons under the age of 21?

Do You Know it is illegal for any hotel/motel employee to rent a room to persons under age 21 knowing that alcohol will be consumed there?

Do You Know it is illegal for any person to rent or pay for a hotel/motel room or facility for the purpose or with the knowledge of consumption of alcohol by persons under 21 years of age?

Do You Know it is illegal to obtain, possess or use an ID card or Driver's license that is fraudulent or fictitious, to alter or deface any identification or to allow another person to use your identification to obtain a false ID (or for any other unlawful use)?

Do You Know it is illegal for persons under 18 to possess, purchase or misrepresent their age to purchase any Tobacco products?

Do You Know it is illegal for any person to use, possess or sell substances containing Nitrous Oxide with the intention for persons to breathe or inhale for the purpose of causing intoxication?

Do You Know it is illegal for any persons to knowingly possess an item of Drug Paraphernalia with the intent to ingest, inhale, or otherwise consume any controlled substances?

Do You Know it is illegal for any person to possess any amount of Marijuana. Charges can range from a Class 4 to 6 Felony depending on the amount possessed

Do You Know it is illegal for any person to possess any controlled substance including narcotics, prescription drugs and hallucinogens such as LSD or psilocybin mushrooms?

Do You Know it is considered SHOPLIFTING if you knowingly obtain items while in an establishment in which merchandise is displayed for sale and you intend to deprive the store owner the sale by:

- a. Removing these goods; or
- b. Charging to another person without authority; or
- c. Paying less by altering markings; or
- d. Transferring goods to another container; or
- e. Concealment of these goods when leaving the store

You also are committing shoplifting if you assist someone stealing these goods, or acting as a lookout. **YOU CAN BE ARRESTED INSIDE THE STORE OR AFTER YOU LEAVE THE STORE.** Shoplifting is the most common crime for which minors are arrested.

Did You Know it is a crime to **threaten or intimidate** to cause:

- a. Physical injury to a person or serious damage to property; or
- b. Public inconvenience; or
- c. Physical injury or damage to property in order to promote, further, or assist to cause, or solicit another to participate in a street gang, or criminal syndicate.

ARIZONA DRUG LAWS

For information on the penalties associated with specific drug-related offenses, please log onto www.drugfreeAZ.com

HANGING OUT OR LOITERING

What Officers Say:

- ◆ We are called by concerned citizens to respond to situations where young people are in closed parks, making a lot of noise. Sometimes they report that shots were fired. People also call who have been harassed by youth.
- ◆ Callers give incomplete descriptions ("Make youth, race/ethnicity, dark clothing, suspected gang member") which cause us to have to question a number of young people.
- ◆ When we drive by slowly, trying to be calm and friendly, young people sometimes try to intimidate us.

Advise From Officers to Youth:

- ◆ Be honest and approachable.
- ◆ Recognize that your appearance and attitude send a message, either positive or negative.
- ◆ If you have your hands in your jacket or pockets, approaching officers will be concerned about whether or not you have a weapon.
- ◆ Be aware of businesses - avoid standing in doorways and in front of businesses. Customers may feel harassed.
- ◆ Fear and adrenaline can get both youth and officers in trouble - let's both try to remain calm and respectful.
- ◆ Remember that we're people too. We have families, worries, and concerns just like you. We don't like getting yelled at any more than you do. Wearing a uniform doesn't exempt us from feeling. Respect our feelings as people, too.

BEING PULLED OVER OR STOPPED BY POLICE WHILE DRIVING

What Officers Say:

- ◆ Traffic stops are one of the most dangerous situations for police officers, especially at night.
- ◆ If there are several people in the car being stopped and only one officer, we will often call for back up for everyone's safety. This is a routine procedure.
- ◆ Citizens who complain usually give incomplete descriptions of people causing problems. The result is that innocent people sometimes get stopped.
- ◆ Stops for minor infractions (such as faulty headlights, bad tires, missing license plates) are legal and legitimate. It is part of our job to enforce the traffic code.

Police officers may stop motorists for:

- ◆ Traffic violations
- ◆ Reasonable suspicion of criminal activity based on personal observation, witness/citizen information, information from police radio, other officers or information from other official sources
- ◆ Probable cause to make an arrest
- ◆ Outstanding warrants





What are the warning signs?

Most parents have a sense about how their teens act and feel. There is a difference between normal adolescent behavior and behavior that may indicate substance use or abuse. Look for these signs. **Remember any one of these signs could be part of growing up.**

Parents must ask questions carefully and avoid snap judgements. Try and stay opened minded to help your teen through a situation. **Don't over react and punish before getting all the facts.** Teens are more vulnerable to drugs, alcohol, tobacco, and other risky behaviors when they reach middle and high school age. Stay involved with your teen's interests and activities. Keep the dialogue open about these subjects.

By themselves many signs may signal nothing more than growing pains but combined they could signal a more serious problem. Ignoring suspicious behavior will not make it go away and mayharm your child.

CHANGE IN FRIENDS

- ◆ Old friends are dropped
- ◆ New friends are not known
- ◆ Phone calls from "new" friends taken behind closed doors
- ◆ Increased demand for privacy

EATING HABITS

- ◆ Loss of weight
- ◆ Avoids family meals
- ◆ Sudden decreased appetite
- ◆ Late night "munchies" or eating a lot of junk food

MOOD SWINGS

- ◆ Easily frustrated
- ◆ Impulsive
- ◆ Anxious/nervous
- ◆ Paranoia
- ◆ Bizarre behavior
- ◆ Unexplained giddiness
- ◆ Withdrawn and depressed
- ◆ Hair, clothes, and accessories may change dramatically.
- ◆ Decreased concern about hygiene or appearance.

CHANGES IN APPEARANCE

- ◆ Eyes may be red/bloodshot glassy or glazed over
- ◆ Eyes may have dark circles
- ◆ Pupils may be dilated or constricted
- ◆ Skin may be pale and pasty, or reddened and flushed

WHAT YOU MAY SEE

- ◆ Missing bottles of alcohol or pills
- ◆ Wearing dark clothes at night
- ◆ Wearing jackets or heavy clothes when it is not necessary (to stash items)
- ◆ Drinking a lot of caffeinated beverages (to wake up)

WHAT YOU MAY FIND

- ◆ Fans in bedrooms or opened windows in the middle of winter
- ◆ Towels or blankets stuffed under the door
- ◆ Incense or air freshener
- ◆ Eye Drops
- ◆ Plastic baggies
- ◆ Plastic Film Canisters
- ◆ Lighters, matches, ashtrays
- ◆ Drug paraphernalia such as pipes, bong, roach clips or cigarette "rolling" papers
- ◆ Publication promoting drug legalization and use (such as High Times)

INCREASED ILLNESS/ACCIDENTS

- ◆ Impaired coordination
- ◆ Unexplainable and frequent bruises cuts, scrapes, burns, etc.
- ◆ Frequent and long lasting colds
- ◆ Difficult to rouse/wake up
- ◆ Increased incident of staying home or coming home from school ill
- ◆ Then makes "miraculous" recovery in the evening and "has to go out"

WHAT YOU MAY HEAR

- ◆ Child lies or "talks in circles" about
- ◆ Where they have been
- ◆ Who they have been with
- ◆ Explanations sound reasonable at the time yet later seem out of order
- ◆ Causal comments condoning use of drugs
- ◆ Drastic changes in values or beliefs

SPENDS A LOT OF TIME

- ◆ Out with friends(late/after curfew)
- ◆ In isolation;
- ◆ Sleeping during the day
- ◆ Watching TV
- ◆ Listening to music
- ◆ In their room alone
- ◆ Doing school work
- ◆ Working or looking for a job

AVOIDS SPENDING TIME

- ◆ At Home
- ◆ With family members or relatives (who they used to enjoy)
- ◆ At religious celebrations or events
- ◆ Playing sports or hobbies they used to love
- ◆ Doing household chores

Remember anyone of these can be normal behavior, but when coupled with many of the other warnings signs, parents should take note.

PROBLEMS AT SCHOOL

- ◆ Increasing calls from school about
- ◆ Lack of concentration or motivation
- ◆ Drop in grades
- ◆ Fighting
- ◆ Frequent unexcused tardiness/absences
- ◆ Accusations of Stealing present

ABOUT MONEY

- ◆ Unable to reasonably explain where money was spent
- ◆ Unable to explain where large amounts of money/fairly expensive items came from
- ◆ Other family member's money (or valuables) disappear that can be later sold (or returned for cash)

POLICE CONTACT

- ◆ Initially for suspected traffic violation/curfew
- ◆ Later, for suspicion of:
- ◆ Theft
- ◆ Running away from home
- ◆ Being in a car, at a party or situation where alcohol/drugs were



Communications

WHEN TEENS GO OUT - WHAT CAN YOU DO?

- ◆ Know where your teen is going. If they are going to a friend's home you don't know, contact the parents of your teens friend to verify the occasion, location, durations and adult supervision and policy of drug and alcohol use.
- ◆ Have your teen call with any change in plans
- ◆ Check the how long they are going to be out be sure it fits with curfew restrictions
- ◆ Be awake when your teen comes home. If you retire early, set your alarm for curfew.
- ◆ If your teen is staying overnight, plans should be made prior to the party and verified with the other parent. Offer assistance and transportation
- ◆ Be aware of your teen's transportation.
- ◆ Allow your teen to always feel safe to call home for ride or assistance.
- ◆ Have emergency funds in case your teen needs to take a taxi home.
- ◆ Encourage your teen to leave any unchaperoned party. If trouble arises, they are "guilty by association"

14 TIPS ON LIVING WITH TEENS

1. Let teens you know you are willing to listen to their ideas without making judgements. Talking helps teens process ideas and emotions.
2. Be accessible. Teens often blurt things out or want to talk at strange or inconvenient times. Be ready to listen anytime, anywhere.
3. Use questions sparingly. Resist the urge to know everything your teen is thinking or planning. Show some trust; you would expect the same.
4. Try not to be defensive. When they make generalizations or critical remarks, don't take them personally. They are opportunities for discussion.
5. Give straight forward advice or feedback on important issues such as sex, drinking, drugs, but don't keep repeating it.
6. Talk about yourself sometimes instead of the teen. They hate to be the only topic under discussion. Talk to them about your own teen memories and mistakes.
7. Set up and use family meetings to full advantage. Obtain input from each person on rules, curfews, etc as well as on the consequences of breaking rules. Sign agreements, try them out; modify as needed.
8. Show intimacy. Teen are still kids inside; they need the warm feelings of belonging that come from good touches and hugs.
9. Give lots of praise and positive feedback. Teens need to hear the "good stuff" just like the rest of us. They need to know you love them for who they are inside, as well as for what they can do.
10. Give them responsibilities with every privilege; that is real life.
11. Teach them to make decisions and make them accept the consequences of each choice they make
12. Teach them to deal with information. Teach them to think critically about what they see or hear, as well as how to sort out and prioritize information.
13. Take time to relax and have fun. Teens need to learn positive ways to manage stress; enjoying each other will build lifetime relationships.
14. Make them earn what they want, and know the difference between wants and needs. Instant gratification does not teach life skills

IS YOUR CHILD USING ALCOHOL OR OTHER DRUGS? FACTS FIRST:

Begin asking questions and gathering facts. Speak with your child's friends, teachers, coach, school counselor or employers. Get specific: how much, how often, how long have they been using.

Try to get a sense of how deeply your child is involved. Do most of the "Signs and Symptoms" fit? Meet with a local drug and alcohol counselor to discuss your situation

Agree on a course of action with your spouse or other adults in the household before talking with your child. Consider options you are willing to offer, such as new family rules or a written contract spelling out conditions your child must meet.

When parents are getting the message across to teens about the risks of drug use, teens are paying attention to it. A recent survey found that drug use is significantly lower among youth who have learned at home about the dangers of drugs. Teens who reported getting the anti-drug message at home are 42% less likely to be using drugs.

HOW DOES A MODERN-DAY PARENT DO IT ALL?

Spend Time Together - Set aside at least 10 minutes daily for quiet conversation with each child. Plan family fun time each week - for walks, games, family projects or shared hobbies. Give your kids access to you; it's what they want most.

Build Good Feelings - Encourage your kids often, pointing out the special qualities of each child. Be specific (they'll know if you're faking). "I appreciate the way you helped your brother today," or "you make friends so easily." Within reason, allow for differences in dress and lifestyle without taking your love away.

Build Strong Boundaries - Teach your children to like and respect themselves by liking yourself. Don't allow your kids, friends or spouse to bully or mistreat you.

Decision Making - Within careful limits, let your kids make their own choices - when to study, what to play, how to spend their money. Encourage working together on family chores and activities, from making beds to making plans for a ball game. Watch for "teachable moments" a chance to talk about an idea, share an experience or decide what is for dinner.





Realize the power of group think

Begin collecting information on drugs and alcohol. Read and talk about issues, separate rumors from fact.

Share your feelings about how drugs might affect your children: "I'm scared that you'll get hurt by riding in a car with someone who is drunk or high," or "I'm afraid that once you start, you won't be able to stop."

Be honest about your own alcohol and drug use: "I'm really struggling to quit smoking and I hate the thought of you starting. I hope you'll save yourself all the trouble I'm going through and not start at all."

Keep your kids' ages in mind: Young children view the world as black or white and are usually satisfied with the statement that drugs are "bad." But don't expect your teenager to see it that simply. They are more likely to view drug use and drinking as their own choice. Be ready with sound facts and solid examples of the damage alcohol and other drugs can do.

REALIZE PARENT POWER

Know Yourself - be clear about where you (and the other adults in the household) stand on using drugs and alcohol. Talk it over in advance.

No Drug Use - Many families establish a no drug use rule for their kids. It's short, simple and safe. Whatever your rules are, be certain family members know what they are.

Family Rules - Set consequences for breaking family rules that you are willing to carry out and that match the rule that's been broken. Don't threaten if you won't follow through.

Healthy Choices - One of the best ways to practice "drug-proofing" in your family is by helping your children make healthy lifestyles choices. Teaching them how to reduce stress (without illegal substances,) through exercise and or talking their troubles out. Help them learn to have fun and feel good about themselves by learning new skills, or fine tuning old ones.

Contracts - Parents and children might find that a written document outlining the consequences for certain behaviors are helpful. Students Against Destructive Decisions have a contract for Life which is in the resource section of this book.





Going out / Parties

IF YOUR TEEN IS HAVING A PARTY.....

1. Plan parties in advance. As much as possible, allow your teen to plan their own party from set-up to clean-up.
2. Encourage small parties; have a guest list or by invitation only.
3. Set an ending time for the party so teens can be home by the legal curfew time.
4. Have a plan for keeping out guests who appear drunk or drugged.
5. The teen and parent who are hosting the party should agree on ground rules before the party. You may wish to have names and phone numbers available in advance.

6. Greet your guests as they arrive. Be aware teens can hide drugs and/or bring alcohol in disguised containers. As the adult host, don't create chances to drink by leaving liquor where it is easily available.
7. An adult should be present and visible throughout the party. Don't be pressured into staying out of sight.
8. Anyone who leaves the party should not be allowed to return. This discourages partygoers from leaving, drinking/using drugs elsewhere, and then returning to your home.
9. Notify neighbors when planning a large party.
10. Contact the local police to see if they have a party patrol unit available
11. If while at your party, a teen appears under the influence of alcohol or other drugs, try to notify their parents. Try to ensure the teens safe transportation home. Never let anyone drive under the influence
12. Set aside only certain areas of your house for the party.
13. Invite other parents to drop by.
14. Be alert, watch for inappropriate behavior, and prolonged activity outdoors, in restrooms or elsewhere in your home.
15. Despite careful precautions, don't hesitate to call the police before the party gets out of hand.

IF YOUR TEEN IS ATTENDING A PARTY

1. Ask for the name, address, phone number of the host.
2. Contact the parent to be sure the party will be drug and alcohol free and that an adult will supervise the party and be responsible for the activities.
3. Leave your name and number with the parents.
4. Encourage your teen to leave any unchaperoned party. If trouble arises, they are "guilty by association"
5. Ask your teen to call you if there is a change of plans or if a problem develops.
6. Let them know there will be no punishment if they ask for help. Keep that promise.

POLICE PARTY PATROL

In recent years, underage drinking has become an increasing problem in cities throughout the valley. Police Departments have investigated numerous incidents of traffic accidents, shootings, fights, sexual assaults, and other medical emergencies related to teens and alcohol use. Many of these occurrences can be traced back to unsupervised underage drinking parties.

Several police departments in the valley have established underage drinking enforcement programs to combat these problems associated with youth in our communities. Officers assigned to the "Party Patrol" in Scottsdale will investigate reports of possible underage drinking and will take enforcement action against any violators. It has been brought to our attention that some incidents of underage drinking parties have taken place at local hotels, especially during special school events such as homecomings, proms, and graduations.

The Scottsdale Police department will be conducting controlled dispersals of parties we are aware of and conducting "zero" tolerance enforcement for those who control, consume, and provide alcohol to minors. With the underlying liability issues associated with teen drinking, it is our intent to partner with local business, schools, Parent Teacher Organizations, civic groups, and families, to address this serious problem. Should you become aware of any possible violations, we ask that you report them to your local law enforcement agency.

In Scottsdale, please call 480-312-9999.

Any incidents of crimes-in-progress or other emergencies should be reported to 9-1-1.

WHEN PARENTS MUST BE AWAY AND LEAVE THEIR TEENAGERS AT HOME

- ◆ Don't allow unchaperoned parties at your home. Remember you can be held liable for problems which might occur.
- ◆ Insist that no parties are allowed when you're away and advise them that you have informed neighbors to call the police if they suspect any form of party.
- ◆ Parent should notify an adult relative or neighbor to check in on their children while they are away. Leave all your telephone numbers.
- ◆ Parents should inform their local police department if they are going away, and that their teenagers will be home alone and no parties are allowed.

Resources at your fingertips

Inclusion in this guide does not constitute an endorsement. Errors and omissions are not intended. For more help lines or a listing of treatment centers in Arizona, visit the Drug Free AZ web site at www.drugfreeAZ.com

EMERGENCY NUMBERS

Emergencies..... 911
Police, medical and fire emergencies

Community Information & Referral Services..... (602)263-8856
24-hour help line
www.cirs.org

Scottsdale Police (non-emergency number)..... (480)312-5000

CRISIS HOTLINES

East Valley Addiction Council... (480)962-7711

EMPACT - Suicide Prevention Center..... (480)784-1500
24-hour crisis line
www.empact-spc.com

Parents Anonymous..... 1(800)352-0528
24-hour line

ChildHelp USA National Child Abuse Hotline..... (602)248-TEEN

County Wide Crisis System..... 1(800)631-1314
24-hour line in Maricopa County

Teens Talking to Teens..... (480)461-8888
Peer Counseling Mon-Thurs between 5pm-10pm

Value Options..... 1(800)564-5465
24-hour line
www.valueoptions.com/arizona

RESOURCES

Adult Children of Alcoholics..... (602)241-6760
www.adultchildren.org

AlAnon and AlAteen..... (602)249-1257
www.al-anon-az.org

Alcoholics Anonymous..... (602)264-1341
www.aaphoenix.org

Cocaine Anonymous..... (602)279-3838

State of Arizona Child Abuse Hotline..... (602)530-1800
www.de.state.az.us/dcyf/cps

National Council on Alcoholism..... (602)264-6214
only available during business hours; press 4 at recording

NOVA..... (623)937-9203
Open 8am-6pm

Salvation Army Shelters..... (602)267-4130

Maricopa County Shelter Information..... 1(800)799-7739
www.cirs.org/programs-contacts.html

VALLEY-WIDE HUMAN SERVICES

Black Family & Child Services of Central Phoenix Counseling..... (602)243-1773

The CARE Center (South Phoenix)
Main Number..... (602)764-5053
Social Worker..... (602)764-5054

Catholic Social Services
(Valley-wide)..... (602)997-6105
www.diocesephoenix.org

Centro de Amistad
(Guadalupe)..... (480)839-2926

Chicano Por La Causa, Inc. Drug & Alcohol Rehabilitation.....
Corazon (Males)..... (602)233-9747
De Colores (Females)..... (602)269-1515
Centro de la Familia
(Femals/Males outpatient)..... (623)247-0464
Via de Amistad..... (602)257-5530

EMPACT - Suicide Prevention Center
(East Valley)..... (480)784-1500
www.emact-spc.com

Native Americans Connections, Inc...... (602)254-3247

Jewish Family & Child Services
(Multi-Sites)..... (602)257-1904
www.nonprofitnet.com/jfcs

NOVA, Inc. (Northwest)..... (602)937-9203

S.A.D.D. (623)434-1670
www.sadd.org

Southwest Behavioral Health Services Administration..... (602)257-9339
Family Counseling..... (602)265-8338
www.sbhservices.org

Scottsdale Prevention Institute..... (480) 443-3100
www.spi-az.org

PREHAB of Arizona (Mesa)..... (480)969-4024
www.prehab.org

TASC Treatment Assessment Screening Center (Multi-Sites)..... (602)254-7328
DrugFreeAZ.com
Information Line..... 1(888)412-TASC(8272)
www.tasc-arizona.org

Valle del Sol (South Central)..... (602)258-6797

WEBSITES

Drug Free AZ
..... www.drugfreeAZ.com

National Institute on Drug Abuse
..... www.drugabuse.gov/NIDAHome.html

Talking to Kids About Tough Issues
..... www.talkingwithkids.org

Community Information & Referral
..... www.cirs.org

ACKNOWLEDGMENTS

Health World
Maricopa County Attorney's Office
Ryan Lange Foundation
Scottsdale Police Juvenile Delinquency Prevention Committee
Scottsdale Police Department
Scottsdale Unified School District
Scottsdale Unified School District Service Learning Students,
John Baird, Director

Parts of this book have been reprinted with the permission of:

The Maricopa County Attorney's Office, The Handy Helpful Handbook,
and
Students Against Destructive Decisions- Contract for Life.

*This book was compiled and written by Health World
Cover Designed by Ed Brandt & Justin James
Booklet Designed by Justin James*

Printed by:



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Contract for Life

A FOUNDATION FOR TRUST AND CARING

This contract is designed to facilitate communication between young people and their parents about potentially destructive decisions related to alcohol, drugs, peer pressure and behavior. The issues facing young people today are often too difficult to address alone. SADD believes that effective parent-child communication is critically important in helping young adults make healthy decisions.

YOUNG PERSON

I recognize that there are many potentially destructive decisions I face every day and commit to you that I will do everything in my power to avoid making decisions that will jeopardize my health, my safety and overall well-being or your trust in me. I understand the dangers associated with the use of alcohol and drugs and the destructive behaviors often associated with impairment.

By signing below, I pledge my best effort to remain alcohol- and drug-free, I agree that I will never drive under the influence of either or accept a ride from someone who is impaired, and I pledge to always wear a seat belt.

Finally, I agree to call you if I am ever in a situation that threatens my safety and to communicate with you regularly about issues of importance to us both.

Young Person

PARENT (OR CARING ADULT)

I am committed to you, and to your health and safety. By signing below, I pledge to do everything in my power to understand and communicate with you about the many difficult and potentially destructive decisions you face.

Further, I agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety and to defer discussion about that situation until a time when we can both discuss the issues in a calm and caring manner.

I also pledge to you that I will not drive under the influence of alcohol or drugs, I will always seek safe, sober transportation home, and I will always remember to wear a seat belt.

Parent/Caring Adult



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